### Weekly/Occasional Sessions

- **Gymnastics**
  - 12.30pm-1.15pm
  - 3-5yrs Session

- **Tennis**
  - 1.00pm-2.00pm
  - 3-5yrs Session
  - Lanark Tennis Courts
  - 2nd & 16th July

- **Inflatable Fun Sessions**
  - 1.00pm-2.00pm
  - Under 16’s Session
  - Lanark Tennis Courts
  - 3rd July & 17th July

- **Football**
  - 1.00pm-2.00pm
  - 3-5yrs Session
  - Lanark Tennis Courts
  - 2nd & 16th July

- **Tennis**
  - 1.00pm-2.00pm
  - 3-5yrs Session
  - Lanark Tennis Courts
  - 2nd & 9th August

- **Inflatable Fun Sessions**
  - 2.45pm-3.45pm
  - Under 16’s Session
  - 29th June & 27th July

- **Floating Fun Sessions**
  - 2.45pm-3.45pm
  - Under 16’s Session
  - 6th July, 13th July, 20th July, 3rd August & 10th August

### Summer Holiday Programme: 1 July – 9 August 2019

<table>
<thead>
<tr>
<th>Week 1</th>
<th>1st-5th July</th>
<th><strong>Tennis Camp</strong> – 2.00pm-4.00pm, Primary 1-7, Course, Lanark Tennis Courts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 2</td>
<td>8th-12th July</td>
<td><strong>Athletics Camp</strong> – 10.00am-12.00pm, Primary 1-7, Course, Lanark Racecourse</td>
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<tr>
<td>Week 3</td>
<td>15th-19th July</td>
<td><strong>Football Camp</strong> – 10.00am-12.00pm, Primary 1-7, Course, Lanark Racecourse</td>
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<td></td>
<td><strong>Tennis Camp</strong> – 2.00pm-4.00pm, Primary 1-7, Course, Lanark Tennis Courts</td>
</tr>
<tr>
<td>Week 4</td>
<td>22nd-26th July</td>
<td><strong>Multi Sports Camp</strong> – 10.00am-12.00pm, Primary 1-7, Course, Lanark Racecourse</td>
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<tr>
<td>Week 5</td>
<td>29th Jul-2nd Aug</td>
<td><strong>Tennis Camp</strong> – 10.00am-12.00pm, Primary 1-7, Course, Lanark Tennis Courts</td>
</tr>
<tr>
<td>Week 6</td>
<td>5th-9th August</td>
<td><strong>Tennis Camp</strong> – 10.00am-12.00pm, Primary 1-7, Course, Lanark Tennis Courts</td>
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<tr>
<td></td>
<td></td>
<td><strong>Football Camp</strong> – 2.00pm-4.00pm, Primary 1-7, Course, Lanark Racecourse</td>
</tr>
</tbody>
</table>

Please note: sessions may be subject to last minute alterations.